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A makeshift memorial with a cross, photographs and other items stands on the edge of the slough near Lloydminster on Sunday after Tarren Attfield and five other teens were killed in a crash there this past weekend. JASON WHITING/CONTRIBUTED

Western Sask. tragedy: 6 teens killed in crash

Lloydminster. 'Everyone wants to know how or why ... there's many more questions than answers': Mayor

Residents of the western Saskatchewan city of Lloydminster and surrounding communities were in shock on Sunday after six teenagers from the area were killed in a highway crash a day earlier.

Five of the six victims — three boys and three girls ranging in age from 17 to 13 — were found dead by RCMP shortly before 4:30 a.m. in a small car submerged in a slough just off the intersection of Highway 17 and Township Road 490 — six kilometres southeast of Lloydminster.

The other teen, who was found by RCMP outside the car, was taken to a nearby hospital, but later died.

"Both Lloydminster and surrounding communities are devastated," Lloydminster Mayor Jeff Mulligan said. "Everyone wants to know how or why and at this point, there's many more questions than answers."

Because of the ages of the victims, a number of those hurt by the tragedy are youth.

"This might be the first time in their life when they've dealt with the loss of somebody their own age, and with death," the mayor added, noting that the teens were killed while driving in the wee hours.

"If you have kids and grandkids, keep them close to you, give them a hug and explain to them the simple fact that this is way too big a price to pay."

Dalbert Attfield and his wife, Cherie, lost their 15-year-old son Tarren in the crash. At a morgue, Dalbert kissed his son's cold face over and over again.

"I told him how much his sister and I would miss him," Attfield sobbed outside his home in the nearby town of Lashburn. "I couldn't leave him. I just wanted to bring him home with me. That was my little man."

Police have identified the other victims as Kristopher Tavener, 17, and Jayden Boettcher, 16, of Marshall; Naomi Salas-Schafer, 13, Aimie Candace Elizabeth Hurley and Mackenzie Moen, both 14, all of Lloydminster.

A wooden cross with Tarren's name and a bouquet of fresh flowers stands among pieces of broken glass and plastic auto parts, right where the car and semi hurtled into the water.

MORGAN MODJESKI/METRO SASKATOON/ WITH FILES FROM THE CANADIAN PRESS

Warning

Police issue caution after vandalism, vehicles set ablaze

Regina police are urging residents to lock the doors on their cars, trucks and SUVs after two vehicles in the city's south end were burglarized and set ablaze early Saturday morning.

Police suspect the incidents are more, all-too-common cases of people rummaging through unlocked vehicles — otherwise known as "window shopping."

"(Robbers) will look for anything of value — change, GPS units, satellite stereo units," Staff Sgt. Paul Tate said on Sunday.

"They'll steal cash, garage door openers, house keys, car keys — whatever is available."

However, the blazes on Saturday appear to have been "isolated," he added.

Because of no apparent signs of forced entry, police believe the vehicles, located around the 2200-block of Athol Street had been left unlocked.

It appears, police said, that the vandals used discarded papers and other materials found inside the cars to ignite the fires, though officers would need to conduct a forensic analysis before being certain.

The extent of the damage to the vehicles hasn't been estimated, though Tate said it appears to be "costly" and that one of the cars was much more severely damaged than the other.

To deter vandals, police say, residents should roll up windows, remove valuables and always lock their doors.

"With the doors unlocked, people keep coming back to the area," Tate said.

He added that residents should report people they see skulking around and peering into vehicles.

"In the middle of night," he said, "somebody walking around peering into cars is unusual — and we like to have that reported to us."

MARCO VIGLIOTTI/METRO

Revving Regina engines for the battle against breast cancer

Bike enthusiasts.
Participant says event is a great way to connect with fellow gear-heads

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Gleaming chrome and revving engines greeted participants at a small motorcycle show-and-shine event on Sunday in Regina's Warehouse District.

A number of motorcycle enthusiasts touted their prized possessions on Rose Street at the friendly competition hosted by the Riders Gear Shop bike apparel store on the block.

Prizes were handed out in several categories, including best Harley-Davidson and best vintage bike.

After creating the event last year as a showcase for his store, proprietor and organizer Keith Cowen added a charitable element this time by pledging to donate proceeds from refreshment sales at the festivities to the upcoming Ride for Breast Cancer Screening.

"Originally, (the event was for) awareness for the business," Cowen told Metro. "This is just something else to help."

With overcast skies shrouding most of the event, the number of participants was slightly lower than last year, Cowen added.

"Due to the weather, it's probably not going to be as busy," he said. "People come and go — but there are quite a few bikes."

The looming clouds didn't diminish the enthusiasm of Bev and Carey Hansen, who brought their Harley-Davidson bikes to the event.

The couple said they came after enjoying themselves at last year's show-and-shine.

"We like this store," Bev said.

"We would come again next year," added Carey.

But more than anything, Carey said, the event was an opportunity to connect with fellow gear-heads.

"It's a good group."

Dozens of motorcycles were lined up on Rose Street just north of Dewdney Avenue on Sunday for the show-and-shine.
MARCO VIGLIOTTI/METRO

Billowing smoke from wildfire prompts partial evacuation in northern community

Severe smoke from a wildfire in northern Saskatchewan has prompted a partial evacuation of the community of Fond du Lac on Lake Athabasca.

RCMP said about 200 people at high risk to smoke inhalation — seniors, infants and people with respiratory conditions — were airlifted out this past weekend as a precaution.

"If Fond du Lac becomes at risk, we'll be moving additional people out of there," Duane McKay, head of emergency management for the Saskatchewan government, told reporters in a conference call on Sunday while noting that only smoke is the current hazard.

The Ministry of Environment, he added, is among the authorities keeping a close watch on various fires in the region.

"We'll take whatever action is necessary," McKay said, "to ensure that both the communities and the people that live in those communities are safe."

Most evacuees from Fond du Lac were headed to Prince Albert, about 900 kilometres to the south while the fire raged on the other side of the lake — covering some 5,300 hectares and sending towering columns of black smoke billowing high into the air.

"It's more about the smoke," Steve Roberts, executive director of wildfire management for the Ministry of Environment, said of the threat.

Roberts noted that further vigilance is needed "to ensure that no spot fires started from embers that could travel, for instance, in the wind."

The province has ground crews, a helicopter and other aircraft fighting the fire, which began weeks ago through a lightning strike.

RCMP said that as temperatures cool at night, smoke has been descending on the community like a fog.

"The fire became very active," Roberts said, "producing large amounts of smoke that began impacting the community."

ROSS ROMANIUK/METRO
WITH FILES FROM THE CANADIAN PRESS

On the web

For more local news go to metronews.ca

Girl run over

Teens surrender in apparent egging gone badly wrong

Three teen boys allegedly involved in a hit-and-run that left a girl with broken legs have turned themselves in, say police in Abbotsford, B.C.

The trio surrendered just hours after they allegedly ran the girl over.

Early Saturday, a group of teens were sitting at a bus stop when a truck slowed and two passengers started throwing eggs, police say.

One of the teens, 17, walked up to ask why. But the truck accelerated, running the girl over, police say. Officers will be recommending charges of assault against the two passengers and a charge of hit-and-run causing bodily harm against the driver.

METRO IN VANCOUVER

Rash of incidents

Innu community mulls booze ban

Band councillors in the Labrador Innu community of Sheshatshiu say it's time to consider banning alcohol after a string of recent deaths, accidents and arrests.

Leaders are getting legal advice for a possible bylaw that will be publicly discussed later this summer and would be voted on by residents, said council member Greg Pastitshi.

Recent incidents have many questioning the role of addiction in the high number of police calls in the area.

Statistics Canada said in a 2011 report that the number of incidents per RCMP officer across the country was just over 30 in 2010. That jumped to 129 for the Happy Valley-Goose Bay region.

THE CANADIAN PRESS

Airport death

Verdict looms in Taser perjury case

One of four Mounties accused of lying to an inquiry into the death of immigrant Robert Dziekanski will learn his fate Monday. Const. Bill Bentley's troubles began when he tried to reconcile video evidence with what he initially told police. THE CANADIAN PRESS

Spain

Teen boy gored at run-of-the-bulls

Police say a 16-year-old boy has been gored to death at a running-of-the-bulls festival in a Spanish town. The youth was struck in the back while celebrating Saturday's Apostle James feast at Isso, 322 kilometres southeast of Madrid.

THE ASSOCIATED PRESS

Body of dead children's mother found

Winnipeg. Woman pulled from river had been missing since children found at home

ELISHA DACEY
Metro in Winnipeg

Winnipeg police confirmed Sunday that the body pulled from the Red River on Saturday morning is that of Lisa Gibson.

The mother of two disappeared after both her children were reportedly found drowned in the bathtub of their Westwood neighbourhood home on Wednesday.

Police were initially hopeful that Gibson was alive and in hiding, but by Friday they began concentrating their efforts on searching for her body on the Assiniboine River, which runs near her home.

Her body was spotted by passersby in a canoe.

Const. Eric Hofley said that despite finding Gibson's body, the investigation will continue.

Unknowns

Police would not confirm that the children were found drowned, how they died or how Gibson died or ended up in the river.

Hofley said autopsies have been conducted on Anna, 2, and Nicholas, three months, but they would not be releasing the cause of death due to the ongoing investigation. Hofley added an autopsy has also been completed on Lisa's body.

The police tape is now down around the family's home, but a makeshift memorial of balloons, flowers, stuffed animals and notes of love and sadness remains piled on the property. A group of mothers held a vigil there Thursday night. Many others have taken to social media to express their sadness and horror.

There are reports Gibson was suffering from postpartum psychosis, but Hofley said he could not confirm any such details.

WITH FILES FROM THE CANADIAN PRESS

Winnipeg police say a body pulled from the Red River is that of Lisa Gibson, the 32-year-old mother of two children who were reportedly drowned in their home earlier this week. CONTRIBUTED

These shots show a memorial set up in honour of alleged impaired-driving victim Brandon Thomas before and after it was apparently hit by thieves in Cochrane, Alta., on Friday. COURTESY KIM THOMAS

Mother begs thieves to return son's memorial

Family members of an Alberta teen killed by a suspected impaired driver are pleading for thieves to return numerous keepsakes stolen from a roadside memorial.

Cochrane resident Brandon Thomas, 17, died Dec. 6 when police say a pickup being driven in the wrong lane slammed into his car head-on.

In his honour, friends and family established a roadside memorial at the spot where his vehicle came to a rest. It consisted of a cross and numerous keepsakes, including Brandon's wallet, model cars, an X-Box controller he carted around to friends' houses, a stuffed teddy bear from an ex-girlfriend he'd stayed close with as well as cherished photos and flowers.

Sorrows great and small

"Somebody already took the most important thing from us — and that's Brandon."
Mother Kim Thomas

But, according to mother Kim Thomas, every item was stolen sometime Friday.

She and Brandon's sister, Kayla, have called the RCMP, Alberta Transportation and Rocky View County to determine if any officials took the memorial down, but none claimed responsibility.

Kim is now pleading with whoever did take the items to simply return them to the spot, no questions asked.

"I don't want justice, retribution or anything," she said Sunday. "These things represent love."

Kim said she's discovered tire tracks in a ditch near the memorial and filed a complaint alerting local RCMP.

She is also making plans to put new items at the site and said she has considered camping nearby to ensure they aren't tampered with.

"The value, dollar-wise, means nothing, but that's Brandon's stairway to heaven right there," Kim said. "We'll never replace any of that stuff."

JEREMY NOLAIS/METRO IN CALGARY

Nova Scotia.

Police have zero leads in unprovoked 20-man beatdown

Police are asking for the public's help in finding the attackers involved in an early-morning swarming in Dartmouth, N.S., that sent one man to hospital.

The incident occurred at 12:30 a.m. Sunday, when a group of five adults in their early 20s were attacked by about 20 young men.

None of the victims, including three men and two women, were seriously injured in what police are calling a random and unprovoked attack.

One man was sent to hospital for precautionary reasons but was later released.

A backpack was allegedly stolen from one of the women, containing identification and a cellphone. A police K-9 unit later found the bag with the phone missing.

So far police have no suspects or leads. The attackers are all described as being in their late teens or early 20s.

"We're hoping that anyone who might have witnessed the altercation would come forward and speak to us," said Halifax Regional Police spokeswoman Sgt. Christina Martin.

Last December, police responded to two Dartmouth swarmings on the same evening.

A 21-year-old woman was punched and kicked after three females tried to steal her backpack at a bus terminal, while two men were swarmed by five or six males about 45 minutes later.

Police say a knife was used in the assault, which left one of the victims with cracked teeth.

ANDREW RANKIN/METRO IN HALIFAX

Philippines. Blast kills military bomb expert, wounds 2 others

A Philippine marine ordnance expert was killed and two others were wounded when one of several bombs they were trying to defuse around a house exploded on restive Jolo island in the country's south, a military commander said Sunday.

An ordnance team was deployed Saturday to a house of a village leader in the town of Panglima Estino, where residents reported finding more than 10 bombs made from ammonium nitrate around the residence. The marines had defused one bomb and were working on a second, which suddenly exploded, marine Col. Jose Cenabre said.

The bombs may have been placed around the house like booby-traps due to a clan war involving the village leader, Cenabre said.

Cenabre said he deployed an air force ordnance team, which defused two more bombs on Sunday. The new team, however, kept finding more bombs near the house, which had been cleared of its occupants, prompting the military to seek help from police, he said.

Violent clan conflicts have long complicated security worries in the southern Philippines.

The explosion was one of two deadly blasts in the south over the weekend. A homemade bomb went off in an upscale restaurant area in Cagayan de Oro Friday, killing six people and wounding more than 40 others, police said.

THE ASSOCIATED PRESS

Crime scene

Interior Secretary Mar Roxas said Sunday he was dismayed to find out that the scene of the explosion was immediately cleaned the next day after investigators scoured the area overnight.

- "I don't know of any instance in the whole world where the blast site is released less than 12 hours after," he said.

Improving tense ties

Afghan president accepts invitation to visit Pakistan

Afghanistan's president will make his first visit to Pakistan in more than a year in an effort to mend strained relations between the two countries and in the hopes that he can enlist the support of the new Pakistani government to help end the nearly 12-year Afghan war, an official said Sunday.

The two nations have had tense ties for years, and Afghanistan has accused Pakistan in the past of supporting the Taliban in the movement's fight against the Afghan government.

But the election two months ago of a new prime minister in Pakistan has raised hopes in Kabul that Islamabad will be more open to helping start peace talks with the Taliban than the previous government — which it perceived to be more hostile to Afghanistan and its president, Hamid Karzai.

Pakistan is seen as a key player in the Afghan peace process. THE ASSOCIATED PRESS

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83 killed in Egypt's weekend clashes

Tensions. Crackdown expected after PM given right to give military authority to arrest

A supporter of Egypt's ousted president Mohammed Morsi trims hair in a makeshift barbershop during a protest on Sunday near Cairo University. Setting the stage for more confrontation, the military-installed interim president gave the prime minister the power to grant the military the right to arrest civilians. MANU BRABO/THE ASSOCIATED PRESS

Escalating the confrontation after clashes that left 83 supporters of Egypt's ousted Islamist president dead, the interim government moved Sunday toward dismantling two pro-Mohammed Morsi sit-in camps, accusing protesters of "terrorism" and vowing to deal with them decisively.

Morsi's Muslim Brotherhood denounced Saturday's bloodshed as evidence of the brutality of the military-backed regime. But many accused the group's leaders of trying to capitalize on the loss of life to win sympathy after millions took to the streets in a show of support for the military chief who ousted Morsi in a coup.

Gen. Abdel-Fattah el-Sissi said he would take the popular support as a mandate to deal with violence and "potential terrorism" — a thinly veiled reference to a widely expected crackdown on Morsi supporters in the sit-in camps in Cairo and against radical Islamists in the Sinai peninsula who have been waging deadly attacks against security forces since Morsi was ousted in a July 3 military coup.

Brotherhood supporters staunchly reject the new leadership and insist the only solution to the crisis is to reinstate Morsi. Meanwhile, the interim leadership is pushing ahead with a fast-track transition plan to return to a democratically elected government by early next year.

The Brotherhood, accused by critics of trying to monopolize power during Morsi's year in office, routinely claims supporters are killed in cold blood by army troops, police or thugs sponsored by the Interior Ministry. However, witnesses and videos posted on social networking sites show that Morsi supporters consistently use rocks, firebombs and firearms against opponents.

The violence continued Sunday, when deadly clashes during funerals for two of the slain Morsi supporters left two men dead and scores injured in two cities north of Cairo, Port Said and Kafr el-Zayat.

Interior Minister Mohammed Ibrahim warned security forces would deal decisively with any attempts to destabilize the country. The nation's highest security body issued a statement saying the pro-Morsi sit-in camps violated Egypt's national security and warning that "decisive and firm" action would be taken.

THE ASSOCIATED PRESS

Deadly confrontations

Saturday's clashes — the deadliest since more than 50 Morsi supporters were killed by troops on July 8 — occurred before dawn when police and armed men in civilian clothes fired on protesters as they tried to expand their sit-in camp by moving onto a nearby main boulevard.

Israel approves prisoner release

The U.S. on Sunday announced the resumption of Israeli-Palestinian talks following years of stalemate, after Israel's cabinet agreed to release 104 Palestinian prisoners convicted of deadly attacks.

The return to direct contact between the sides gave U.S. Secretary of State John Kerry his first concrete achievement after months of shuttle diplomacy.

The U.S. said preliminary talks would begin Monday, but it remained unclear whether they will lead to a formal resumption of peace talks that broke down in 2008.

Despite a return to the table, neither side appeared upbeat. Each has blamed the other for the lack of success in 20 years of negotiations interrupted by bouts of violence.

Negotiators made progress in previous rounds, and the outlines of a deal have emerged — a Palestinian state in most of the West Bank, Gaza and east Jerusalem, lands captured by Israel in 1967, with border adjustments to enable Israel to annex land with a majority of nearly 600,000 settlers.

Those talks broke down before the sides could tackle the most explosive issues, a partition of Jerusalem and the fate of Palestinian refugees and their descendants.

THE ASSOCIATED PRESS

Israeli PM Benjamin Netanyahu
THE ASSOCIATED PRESS

A crashed train ready to be deposited in Santiago de Compostela, Spain, Sunday. Spain's interior minister says the driver whose speeding train crashed, killing 79 people, is being held on suspicion of negligent homicide. LALO R. VILLAR/THE ASSOCIATED PRESS

Spanish train driver charged in 79 deaths

Derailment. Bystander claims Francisco Jose Garzon Amo told him after the crash that he wasn't able to brake

The driver of a Spanish train that derailed at high speed killing 79 people was provisionally charged Sunday with multiple cases of negligent homicide.

A court statement said investigative magistrate Luis Alaez released Francisco Jose Garzon Amo without bail.

The statement said Garzon must appear in court once a week and is forbidden to leave Spain without permission.

Garzon was not sent to jail or required to post bail because none of the parties involved felt there was a risk of him fleeing or attempting to destroy evidence, the statement said.

Garzon was questioned for almost two hours at the court in Santiago de Compostela, the northwestern town near where the accident occurred.

Garzon was driving the train carrying 218 passengers in eight cars that hurtled far past the 80 km/h speed limit into a high-risk curve on Wednesday, tumbling off the tracks and slamming into a concrete wall, with some of the cars catching fire.

A local resident who rushed to the scene of the accident said in an interview broadcast Sunday that minutes after the crash Garzon had told him he had been going fast and couldn't brake.

"He said he had needed to brake but couldn't," said Evaristo Iglesias.

THE ASSOCIATED PRESS

Local resident

"He told us that he wanted to die."

Evaristo Iglesias, a Spanish resident who was with train driver Francisco Jose Garzon Amo after the crash last Wednesday.

France

Thieves swipe $53M in jewels

A staggering 40 million euro ($53 million) worth of diamonds and other jewels was stolen Sunday from the Carlton Intercontinental Hotel in Cannes, in one of Europe's biggest jewelry heists in recent years, police said. One expert noted the crime follows recent jail escapes by members of the notorious "Pink Panther" jewel thief gang.

The hotel in the French Riviera was hosting a jewelry exhibit over the summer from the prestigious Leviev diamond house, owned by Israeli billionaire Lev Leviev.

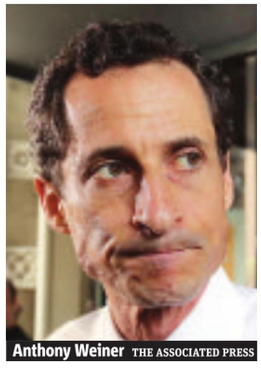
THE ASSOCIATED PRESS

Sticking it out. Weiner pushes forward despite loss of campaign manager

Anthony Weiner vowed to stay in the race for New York City mayor Sunday after the loss of his campaign manager and the drumbeat of critics questioning his fitness for public office after new revelations of lewd online behaviour.

Weiner confirmed that campaign manager Danny Kedem resigned Saturday after reports surfaced that Weiner had continued to exchange lewd photos and messages with women despite resigning from Congress in 2011 over the same behaviour.

THE ASSOCIATED PRESS



Anthony Weiner THE ASSOCIATED PRESS

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Twitter. Arrest made after online threats to U.K. feminist campaigner

British police on Sunday arrested a man in connection with online threats made toward a feminist campaigner, a case which has ignited calls for social media platforms to institute stronger protections against verbal abuse.

Caroline Criado-Perez says she has been facing a deluge of abuse — including threats to rape and kill her — over Twitter during the past several days. She said the threats started after her campaign to get a woman's picture on a U.K. bank note succeeded and resulted in the Bank of England's announcement last week that author Jane Austen will feature on England's new 10-pound notes.

In Britain, hundreds of people are prosecuted every year for Facebook posts, tweets, texts and emails deemed menacing, indecent, offensive or obscene. But while there have been several cases of online threats directed at sports figures and politicians, the verbal assault against Criado-Perez appears to have ignited an unrivalled response and backlash against Twitter itself.

THE ASSOCIATED PRESS

Shouting back

On Sunday, British police arrested a 21-year-old man, who wasn't immediately identified, in relation to Criado-Perez's case.

- She posted on Twitter that she was at a police station to make a statement and had many more threats to report — followed by the hashtag "shouting back."

Cleveland kidnap victim celebrates her freedom

Amanda Berry, one of three women held captive in a Cleveland home for a decade, makes a surprise appearance at the RoverFest concert in Cleveland in this photo taken on Saturday. Berry, 27, appeared at a public event for the first time since her rescue, a day after her abductor, Ariel Castro, pleaded guilty in the case. The rapper Nelly called Berry back to the stage after his music set. THE ASSOCIATED PRESS/COURTESY BRIAN HARRELL

Payback. Social media buffs help find heirs of property lost in Holocaust

When Cati Holland checked her email a few weeks ago, she was surprised to find a message saying she was eligible for compensation for her grandmother's Berlin store that was seized by the Nazis more than 70 years ago.

Cati Holland holds photos of her grandparents. KIRSTEN GRIESHABER/THE ASSOCIATED PRESS

It wasn't spam or a phishing attempt or even a legitimate note from a German official working to track down victims and their heirs. Rather, it was from an Israel-based social media genealogy company that is using the Internet to help match property stolen by the Nazis to heirs of the victims.

Since the collapse of the Third Reich in 1945, Germany has paid around $92 billion US in compensation to the victims of the Holocaust. THE ASSOCIATED PRESS

PM no longer signs big hospitality bills

Unannounced move. Harper has handed off the political hot potato to the clerk of the Privy Council following controversy over costs

Prime Minister Stephen Harper THE CANADIAN PRESS

Stephen Harper's signature is no longer needed for big hospitality bills run up by his bureaucrats.

The prime minister has delegated that sometimes controversial duty to his senior public servant, the clerk of the Privy Council. The unannounced move — made last June — followed revelations of large hospitality expenses approved by Harper himself in the months before.

The prime minister's pre-approval was given for an estimated $22,000 hospitality bill in late 2011 for visiting European bureaucrats, for example, at a time of federal belt-tightening. The final hospitality costs for the three-day Ottawa event — including alcohol — were lower than expected, at $16,000 for 45 people.

The year before, The Canadian Press reported that Harper personally approved a $7,400 bill for "refreshments" at a town hall meeting of public servants. The $42,000 event was held at the posh Westin Hotel, where meeting rooms cost $5,000 an hour.

Under the previous protocol, Harper was required to pre-approve all hospitality costs in excess of $5,000, under a government-wide directive to all ministers. But Treasury Board rules also allow a minister to delegate the authority to a deputy minister.

Wayne Wouters, clerk of the Privy Council, now has signing authority, and must report his approvals on amounts over $5,000 to Harper every six months. THE CANADIAN PRESS

Cutting back

"The government has tightened rules around hospitality spending to ensure accountability and respect for taxpayer dollars."

Nicolas Boyer, a spokesperson for the Privy Council Office, said in an email.

Big spending on spies

As there was no official announcement about the changes, The Canadian Press obtained hospitality-related documents under the Access to Information Act.

- A spokesperson for the Privy Council Office did not respond directly when asked why Harper chose to delegate his authority.
- In the first six months after getting signing authority, Wouters reported, he approved $43,550 in hospitality at three events, including a whopping $27,000 for a four-day international spy conference in May 2012.
- Total costs for the International Intelligence Review Agencies conference, held in Ottawa for 60 delegates, ran to $136,000.

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Nova Scotia

Mission aims to fight oyster disease

Eleven years after a fatal disease damaged Nova Scotia's oyster industry, a delegation is travelling to the U.S. to learn how New England's aquaculture industry was so successfully revitalized.

The aquaculture associations of both Nova Scotia and Prince Edward Island are leading a group of about 16 researchers, industry delegates and government officials to Maine, Massachusetts and Rhode Island for a week-long visit to discuss technology and policy approaches to battle MSX disease.

"Basically it's a mission to go down and see how the oyster farmers in New England are managing to operate what seems to be successful businesses in the presence of MSX disease," said Bruce Hancock of the Nova Scotia Aquaculture Association. THE CANADIAN PRESS

Workers sort freshly harvested oysters. GETTY IMAGES FILE

Paris

Merger to create world's largest ad agency

Omnicom Group Inc. and Publicis Groupe SA say they are combining in a "merger of equals" that will create the world's largest advertising firm, worth more than $35 billion US.

The move is designed to bolster the companies' focus on growing Asian and Latin American markets such as China and Brazil.

But although a combined firm will allow for more pricing power in general, the decrease in competition could present regulatory hurdles in the U.S. and Europe. Client conflicts also could be an issue, as rivals such as Coca-Cola Co. and PepsiCo, McDonald's and Taco Bell, and Johnson & Johnson and Procter & Gamble now find themselves under the same umbrella. THE ASSOCIATED PRESS

Annual revenue

$23B

The merger creates a company with combined annual revenue of about $23 billion, leapfrogging it over current London-based industry leader WPP PLC.

Demand for cyber insurance takes off

Online attacks. Spate of high-profile data breaches has made firms eager to protect themselves from losses

When Brian Rosebaum started pitching cyber insurance to companies in 2006, he was met with blank stares from risk managers and resistance from information technology experts, who insisted their networks were impenetrable.

All of that has changed in the past year and a half, said Rosebaum, who heads the cyber insurance division of Aon Corp.'s Canadian brokerage arm.

"We've reached a threshold where people are now coming to us instead of us going to them," said the vice president.

Insurance brokers say the frequency of high-profile data breaches is causing a surge in demand for insurance products that protect against losses stemming from cyber attacks.

A breach can be costly. Companies face notifying clients that their personal information has been compromised, offering credit protection services, hiring a crisis management firm and defending against lawsuits.

Aon has placed more cyber insurance policies in just the last 18 months than it did in the previous five years, said Rosebaum. "People are beginning to understand that this is a risk that can affect any business." THE CANADIAN PRESS

Data breaches

- On Thursday, U.S. prosecutors charged five people with stealing 160 million credit and debit card numbers from companies including 7-Eleven Inc., JC Penney and French retailer Carrefour, calling it the largest data breach in the country's history.
- Other victims of data breaches in the past few years include Sony's PlayStation Network, financial institution Citigroup and a number of Canadian government departments.

Quoted

"This is the fastest growing area of commercial insurance in the world right now."

Michael Peterson, a managing director at Marsh Canada Limited

If a turtle could talk to itself, what would it say?

Here's a new twist on zoo marketing — the San Antonio Zoo has taken to posting imaginary conversations on Facebook between the right and left heads of its celebrated two-headed Texas cooter turtle, Thelma and Louise. Zoo officials report that the turtle, who was born last month, has been doing well. Spokeswoman Debbie Rios-Vanskike says the turtle eats and swims, and that the two heads get along. Check out what the shell-backed duo has to say at facebook.com/thelmaandlouise.turtle. SAN ANTONIO ZOO/THE ASSOCIATED PRESS FILE

Proposal could speed up Sea Kings' retirement

The Harper government has been asked to accept the air force's long-delayed CH-148 Cyclone maritime helicopters as they are currently configured and gradually phase them into service using regular software upgrades intended to make the aircraft fully operational.

The proposal is being floated publicly by Sikorsky aircraft in the wake of a federal cabinet shuffle that has left both National Defence and Public Works with seasoned but not yet fully acclimatized ministers.

At the same time, the aircraft maker and Defence have agreed to a separate plan that would allow flight testing to begin on four helicopters that have been delivered to the military air base in Shearwater, N.S. Twenty-eight of the aircraft have been ordered.

The evaluation, to begin in early August, inches the politically painful program ahead for the Conservative government, which has grown more impatient and vocal in its frustration over the replacement of decades-old Sea Kings.

The helicopters were first ordered in 2004 by Paul Martin's Liberal government at a cost of nearly $3.2 billion — a figure which has now ballooned to $5.7 billion — and were supposed to be in service by 2008.

The failure to deliver new aircraft — detailed a few years ago in a scathing auditor general's report — was underscored over the last few weeks with the grounding of the entire CH-124 Sea King fleet.

One of the nearly 50-year-old helicopters was involved in a spectacular accident that saw the blades on one aircraft chipped away when the chopper unexpectedly careened forward. THE CANADIAN PRESS

An airman sports a satirical shoulder patch at Nova Scotia's CFB Shearwater in this 2003 file photo. Four of the air force's new Cyclone maritime helicopters have been delivered to the base. THE CANADIAN PRESS FILE

POLITICAL POINTS UP FOR GRABS

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

Brad Wall, that crazy maverick, took his case for the abolition of the Senate to the Council of the Federation (less pretentiously known as the premiers' conference) this week, where it landed with a resounding thud.

The other premiers fell all over themselves to make it clear they weren't going to waste any valuable time (or political capital) on the abolition of the nation's upper chamber. B.C. Premier Christy Clark said it for everyone when she called it a "huge distraction."

They know that any kind of constitutional reform runs them into that old Charlottetown/Meech Lake briar patch from which they'll never emerge.

Saskatchewan's man knows that, too, telling a reporter: "There are other issues, including the economy and health care and frankly, disasters that are happening that are far more important."

So you've got to ask: Why bother? And maybe the answer is a question: Why not?

Wall knows no one is ever going to reform the Senate, never mind abolish it, so he can say whatever he likes. And, in the wake of Mike Duffy, Mac Harb and lest we forget, Pamela Wallin, senator from Wadena, the Senate is a free shot. The premier can shoot this fish in a barrel all day long, incrementally improving his image.

But really, who cares? A few sonorous old white pundits, maybe.

Then there's that New Kid on the Block, Justin Trudeau. While Wall was declaring war on the Senate, Trudeau was announcing his support for the legalization of marijuana. This is about as likely to happen as the abolition of the Senate. The difference is that the legalization of marijuana is the rallying cry for a generation alienated from politics. So in a single musing, Trudeau established his progressive credibility, much as when his father kicked the state out of the bedrooms of the nation. Big symbolic hoo-haw, though nothing actually happens. If anything, the state has a bigger nose than ever, if you can believe Edward Snowden.

I've written before that either of these two guys could be the next PM, but it's starting to look as if Trudeau is the one who's smart enough to lead this ungovernable country. Unlike any other federal leader, he is actually in favour of retaining the Senate, which plays well in his home province of Quebec — the Senate being one of the bases for Quebec's entry into Confederation — as long as it's "reformed." Whatever that means, it's vague enough to include changing the special du jour at the cafeteria.

Trudeau's position on the Senate is strategic. His position on marijuana is strategic. Everything he does, including the length of his hair, is strategic.

Wall, meanwhile, appears to be talking to the wall. On purpose.

Got a feeling which one will be the next prime minister of Canada, whether you like it or not?

ZOOM

Faithful flood Brazilian coast

MARIO TAMA/GETTY IMAGES

Massive crowd to see Pope Francis

Nearly the entire four kilometre crescent of Rio's Copacabana's beach overflowed with flag-waving followers on Sunday for the final mass of Pope Francis' historic trip to his home continent, cheering the first Latin American pope in his final homily of World Youth Day.

THE ASSOCIATED PRESS

Took a toll on the area

- The stench of garbage and human waste hung in the humid air, and the beach and adjoining chic Atlantic Avenue looked like an improvised refugee camp. Copacabana's famous sidewalks were strewn with trampled cardboard, plastic bags, empty water bottles and cookie wrappers.

One of the biggest turnouts

3 million

The Vatican said more than 3 million people were on hand for the mass, based on information from World Youth Day organizers and local authorities who estimated two-thirds were from outside Rio. That was far higher than the 1 million at the last World Youth Day in Madrid in 2011 or the 850,000 at Toronto's 2002 concluding Mass. The next World Youth Day will be in Krakow, Poland, in 2016.

The pope blesses a child as he rides in the popemobile. Hundreds of thousands of people slept in the sand awaiting the final mass. THE ASSOCIATED PRESS

Clickbait

If you tend to throw back a few too many cocktails on these balmy summer nights — and who doesn't — you may find that your judgment is a little skewed. So raise your glass to these apps that determine whether you're in shape to drive home, or if you should be calling a cab.

AlcoDroid

Gives you a blood-alcohol content estimate based on the number of drinks you've consumed. It also functions as a diary that lets you track your drinking habits over time and includes a Facebook function that updates your friends, in case you are too inebriated to do it. Available on Android.

BreathalEyes

This one is unique because instead of inputting a number of bevies, you use the phone's camera to take a video of your eye, and the app determines BAC based on the shakiness of your gaze. The downside is this does require someone you're with to have a steady hand. It's available for iPhone but an Android version will be on tap soon.

Last Call

This app is a gem for BAC calculations. Key in the drinks you've consumed, and the app will figure out how drunk you are instantly. It's been lauded for its easy-to-use interface and has some bonus features: Location-based taxi search and a list of local DUI lawyers. For iOS.

Funtoxication

Your friend claims they got "wasted" last night. Really? This app gives you proof with the ability to set up multiple profiles. The app comes with games that challenge your skills and memory while you're under the influence. For iPhone. METRO

Twitter

@metropicks asked: A two-headed turtle gets its own Facebook page. If your pet had a Facebook page, what would its status say?

@rblaprairie: My pet beta fish would always have a status that read: "this tank is still being tested"

@PlainSJ: "Owners put me down last month. AVENGE MY DEATH!"

@momomoto: "Pooping."

@VulgarViking: Oh you've returned...feed me now and I'll let you know when I want to be petted! #MyCatOscar

@FrenchmanCanada: "I'm a dog, I know how to use a computer and the first thing I do is setup a FB account. My owner was right, I am a dumb dog."

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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All rounder Rash makes Room for talented writers

Q&A. Oscar-winning screenwriter talks about his new show The Writers' Room and audiences' newfound respect for storytelling

NED EHRBAR
Metro World News in Hollywood

Jim Rash's resumé is already pretty robust, earning acclaim as a comic actor (Community), director (The Way, Way Back) and screenwriter (The Descendants, for which he and co-writer Nat Faxon won an Oscar), but there's always room for more. His latest gig is hosting The Writers' Room, a roundtable discussion series going behind the scenes of fan-favourite television series like Breaking Bad, Game of Thrones and New Girl.

The idea of TV being "the writer's medium" has really taken hold with audiences. Where do you think that's coming from?
I feel it's because of this rabid fan base, this need for knowledge that we all have. I feel like they have respect now for the storytelling. Not that no one had an idea where it came from, but I feel like people have a newfound respect for good stories. I think TV's in a really great place right now as far as embracing flawed, sometimes questionable people, from Dexter to Breaking Bad to any of these shows like Mad Men — complex characters that you get so frustrated by. In the age of binge-watching, catching up on shows that you missed, all these things lead you to wondering about the story.

You also have things like Comic-Con, where showrunners get as much attention as actors.
Yes, I think it's another outlet. It's another version of social interaction and connection to people that we didn't have certainly when I was growing up. We just watched the TV show, maybe read a magazine or a review.

If you could pick any series, living or dead, from the history of television for The Writers' Room, what are your dream choices?
It's tough. I'd be very curious talking to MASH writers just because I have a fascination with the balance of comedy and extreme drama and just the idea behind that show. I feel like I'd want to do a moment with the Cheers writers just because that's probably the quintessential show of my life. Then I think I would want to sit down with Lost because I have a lot of questions, being a guy who watched from the beginning with groups.

How about having Dan Harmon on The Writers' Room now that he's back running Community?
I'd love to do Community. I know that Walking Dead was on the list to be done, but it was an AMC decision. I start with Breaking Bad and then I get to do that. So I feel like there's lots of shows that would be all on board to do it. And I think a lot of them, as soon as they see what it is, I feel like they'll embrace it because it really is a celebration of what they're doing. So I hope they'll see that it's light and fun and introspective about their process.

Actor, director and screenwriter Jim Rash hosts The Writers' Room. GETTY IMAGES

Aniston sets record straight. Wedding will happen 'when it's perfect'

Jennifer Aniston is dismissing rumours about her upcoming wedding to Justin Theroux and setting the record straight.

"We just want to do it when it's perfect, and we're not rushed," the 44-year-old actress said while promoting her new film, We're the Millers.

Aniston and Theroux, 41, began dating more than two years ago and got engaged on his birthday last August. Since then, their indefinite plans have led to speculation ranging from a broken engagement to Theroux getting cold feet.

"There have been no postponed weddings. There have been no arguments about where to get married. Just clearing all that up," she said. THE ASSOCIATED PRESS

Jennifer Aniston GETTY

Hillary

Clinton mini-series in NBC pipeline

A Hillary Rodham Clinton mini-series timed to precede the 2016 presidential election is part of NBC's effort to create "event" programming that will draw viewers to the shrinking world of broadcast network TV, Bob Greenblatt, NBC Entertainment chairman, said. The mini-series, Hillary, stars Diane Lane as the former first lady and secretary of state. THE ASSOCIATED PRESS

Competition slashed

The Wolverine takes top spot

The Wolverine sliced up monsters and minions to debut atop the weekend box office. According to studio estimates Sunday, the Fox film featuring Hugh Jackman's sixth turn as the claw-wielding superhero opened with $55 million. Last weekend's top movie, Warner Bros.' low-budget horror The Conjuring, slipped to second place. THE ASSOCIATED PRESS

Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' parents worried about their cash cow?

Amanda Bynes' parents' first attempt to secure a conservatorship over their troubled daughter didn't pan out, but they're not giving up just yet.

Rick and Lynn Bynes have filed a petition requesting they be appointed Amanda's temporary conservators until a more permanent decision can be made.

"We are deeply concerned that Amanda poses a substantial risk to herself, to others and to property based on recent events in her life," the petition reads, according to TMZ.

The document points to "extremely paranoid" behaviour.

"She would cover smoke alarms with towels, tape windows shut and cover her car's dashboard with cardboard and tape" because she claimed that "cameras were watching her from inside these places," according to the document.

Rick and Lynn are mostly worried about the amount of damage Amanda could do with her $3.3 million in assets.

"We are informed and believe that a substantial amount of money is being used to pay for marijuana and other illegal substances, and possible plastic surgery," the petition states.

Miley Cyrus

Miley Cyrus likes making it rain on strippers

Miley Cyrus knows how to have a good time, and sometimes that involves going to strip clubs.

"Have I ever been to a strip club? Yes," Cyrus tells London's Capital FM Breakfast radio show.

"How many times? I don't know. I haven't kept a tally."

When asked if she's previously "made it rain," showering strippers with dollar bills, Cyrus offered a candid response.

"Yes. Am I supposed to lie? I thought I was confessing. This is therapy."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Are creepy old men not a sought after demographic?

STARGAZING
Malene Arpe
scene@metronews.ca

A Taylor Swift's Biggest Fan contest is cancelled when it looks like a creepy 39-year-old man is going to win. "Not so fast, there" says Taylor. "Is he perhaps someone who could potentially cause me to experience a dramatic May-December-type heartbreak? Does his name rhyme with 'sadness?'"

Friends are reportedly concerned Emma Roberts is turning into the next celebrity train wreck. "But," says Lindsay Lohan, "my reign has only just begun."

Gwyneth Paltrow was observed at a restaurant eating clams and lobster rolls while her kids munched on chicken nuggets. Poor children. Last time that happened, they were not allowed anything but hay shakes and pictures of green beans for a week after.

Dina Lohan was reportedly drunk and slurred her words when she called Lindsay in rehab for a long-distance family therapy session. "Try topping that, Emma Roberts. I dare you," says Lindsay.

Celebrity Math. Question: If David Spade's mansion sells for $10.3 million after six years on the market and Goldie Hawn and Kurt Russell sell their Malibu mansion for $9.5 million, how will Courtney Love pay the $260,000 she owes in taxes? Answer: By asking Justin Bieber, who made $58 million last year, Spike Lee who's trying to raise $1.25 million on Kickstarter and Teen Mom star and bottomless well of ignorance, Farrah Abraham, who has so far made $119,576.39 off her sex tape.

Kristen Wiig

Bridesmaids star back on the market

Kristen Wiig is back on the market.

The Bridesmaids star has reportedly split from the Strokes drummer Fabrizio Moretti after a year and a half of dating, according to Us Weekly.

A source says the breakup was "completely amicable. They are friends."

Moretti was previously involved with Wiig's pal Drew Barrymore for five years.

Jennifer Aniston

Jennnifer Aniston's fiancé breaks her toe, the world weeps

Jennifer Aniston has learned the hard way that fiancé Justin Theroux's fashion sense can be painful.

"I have a broken toe," she confesses to E! News. "Not to out my sweet, sweet fiancé, but he has big feet and wears these boots. He stepped on my toe. Broke it. I felt it."

Twitter

@lenadunham
If you'd have told 7 year old me that I'd still be expected to attend birthday parties in 20 years I woulda ended it right then and there.

@ChrisEvans
Landed in South Korea to an AMAZING reception. I'm truly touched. Thank you all for making me feel so welcome in your country!

@rustyrockets
I'm in Lake Tahoe about to do a show. I got in the lake, the California part, in the Nevada bit I would've used protection.

Book Excerpt

Vacay 4-1-1

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

When it comes to family vacations, you don't want to leave anything behind — not a child, not a bathing suit, not a toothbrush, and certainly not your established rules and routines.

Is it a drag sticking to routines while on holidays? Absolutely. Is it worth it? One hundred per cent. Sure, go a little crazy with food (and wine, for Mom and Dad only), but try to keep the lid on such things as letting the kids stay up hours later than they usually do. Any child under three will not sleep in to make up for lost time, and they will be cranky.

It's also important to keep some basic rules around meal time alive during a holiday. If soda pop is not allowed at breakfast at home, it's probably good to stick with that during a road trip as well. Finding the time to have at least one nutritious meal a day can make a big difference, both in your waistlines and in helping the kids feel good.

Personal hygiene is another thing you don't want to let go, particularly if you are dealing with teenage boys who have already minimized their shower- and tooth-brushing time to infinitesimal levels. If Wednesday is "shower night" at home, keep it going while you're away. Trick them into thinking a Tuesday is a Wednesday if the logistics don't work. What? You're the boss!

FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS AVAILABLE AT BOOKSTORES EVERYWHERE. (MCCLELLAND & STEWART, 2013)

Online

Yet another reason mommy drinks? The Fair. Follow the (mis) adventures of parenthood at metronews.ca/voices, and pre-order Reasons Mommy Drinks: the book at Amazon.ca

Things better left unsaid

Parenting. What's that rash? Forget sex. In my day. You look great! are among things not to say to new parents

From diet tips to "little baby, little problems," sleep-deprived and new parents have heard it all. And they want you to stop.

Most every new parent has a greatest hits of lame advice and annoying remarks. For fitness buff Brook Benten, mom of four-month-old Hayes, her list included her post-baby body.

"My swollen uterus made me look like I was still five months pregnant," said the Round Rock, Texas, mom. "I was elated to be a mother, but I knew good and well that I looked baaaaad. Well-intending visitors would look me once over and say, 'Wow! You look great!'"

Brandi Jordan, who owns a parenting resource centre in Los Angeles, said the way to avoid ticking off new parents is pretty simple.

"I think that people should not give advice. Period," she said. "People see it as open license when they see someone with a baby to give them their opinion on how they should have socks on, or they should have a hat on, or they need sunblock, or you shouldn't be taking them out, they're too young. Some people make themselves armchair experts because they've read a lot of things."

That, she said, is why the what-not-to-say problem is so out of control these days. Blogs, social networks and simple online searches are the armchair expert's best friends, said Jordan, who has a six-year-old.

Instead of advice, how about not coming over for a visit when you have a cold, even though you think you and your kids are no longer contagious?

But she also has a suggestion for new parents: How about not rejecting outright the experiences of your own parents due to their grandparently status?

"A lot of new parents discount what their own parents actually know, but a lot of grandparents do have good traditional things that work really well," she said.

First, she said, parents need to realize that they really do need help.

"Before, you didn't need help because your family was right there and did everything, but so many people are far removed from their families."

When visiting parents with new babies, leave lame advice at the door. ROBERT DABBS/ THE ASSOCIATED PRESS

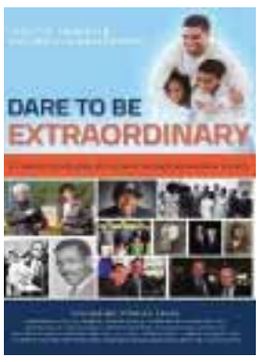
But make sure help is help. Visits should be 10 minutes, not two hours, in the early days unless you plan to throw in a load of laundry, do dishes or cook a meal.

Dr. Richard So, a pediatrician at Cleveland Clinic Children's hospital, has three kids of his own. The youngest is not yet two.

His advice for well-meaning loved ones: "Ninety per cent is just reassuring that mother that she's doing the right things, that she's not going to harm her baby," he said. "All a new baby needs to do is eat, sleep, poop and grow."

THE ASSOCIATED PRESS

I double dog dare you ... to be extraordinary



As he packed his younger son Andrew off to his first semester at college, Bill Middleton felt the anxiety and apprehension that many parents do.

His solution was two index cards printed with Middleton's 12 pieces of advice for his son — one framed and another laminated so that Andrew could tuck it away in his wallet.

Middleton's advice is now part of a book of inspiring stories from black fathers — including boldface names like Russell Simmons and Allan Houston — that he co-authored with Leslie Gordon. Middleton hopes that the book, Dare to be Extraordinary: A Collection of Positive Life Lessons from African American Fathers will help parents of all communities.

Here are some of the tips Middleton gave for Andrew's first semester:

• People will be more willing to help you if you demonstrate to them that you truly care and want to succeed.
• A commitment to excellence is the shortest distance to success. Never shortchange or shortcut an assignment or activity. Always give things your very best.
• When you experience failure — and you will, as we all have — don't let it devastate you. Rather, have it motivate you to work harder and smarter, and to persevere.
• Use your time judiciously and invest in your future wisely. It's always first things first! Attend classes each day, complete homework, study and then do the other things you want to do. You'll always have plenty of time for the other stuff.
• Be open to growth and guidance from others. Use all the tools in your bag: family, friends, professors and administrators. Don't be afraid to ask for help — it's a sign of strength. If necessary, ask sooner rather than later.
• Many people have invested in you and your success. You honour their investment of trust, confidence and credibility by committing yourself to and acting in accordance with the principles outlined above. METRO

Flavours of Italy sans pots of bubbling pasta sauce

This salad serves four. ROSE REISMAN

ROSE REISMAN
rosereisman.com

Bocconcini are small semisoft mozzarella cheeses. They come in large or mini balls. If you are using the larger ones, cut them into quarters. Today, bocconcini cheese is made from a combination of water buffalo milk and cow's milk.

Ingredients

Salad
- 2 tsp (10 ml) vegetable oil
- 1/2 large sweet white onion, thinly sliced
- 1 tsp (5 ml) brown sugar
- 2 large field tomatoes, cut into 1/4-inch (6 mm) slices
- 4 plum tomatoes, each cut into 4 wedges
- 1 1/2 cups (375 ml) cherry or grape tomatoes, cut in half
- 2 oz (60 g) mini bocconcini cheese, thinly sliced
- 1/4 cup (60 ml) halved olives

Dressing
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) 3% sour cream
- 1 tbsp (15 ml) light mayo
- 1 1/2 tsp (7.5 ml) balsamic vinegar
- 1/2 tsp (2.5 ml) honey
- 1/2 tsp (2.5 ml) chopped garlic
- 3 tbsp (45 ml) chopped fresh basil for garnish

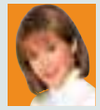
1. Salad: Lightly coat small skillet with cooking spray and add the oil. Sauté onion slices over medium heat 10 minutes or until tender and lightly browned. Add sugar and sauté another 5 minutes. Set aside.

2. Arrange the tomatoes, bocconcini and olives on a serving platter. Place the caramelized onions on top.

3. To make the dressing: Whisk together the oil, sour cream, mayonnaise, vinegar, honey and garlic until well blended. Pour the dressing evenly over the salad and toss. Garnish with basil and serve.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Little poppers are hits at get-togethers, but don't feed your guests calories, fat and sodium by serving the wrong ones.

6 Heinz stuffed jalapeno peppers

560 calories/36 g fat/1,200 mg sodium

Cream-cheese-stuffed and fried peppers are a high caloric and fat app, with a day's worth of sodium.

Equivalent

Six Heinz-stuffed jalapeno peppers are equivalent in fat to 20 vegetable egg rolls from M&M Meat Shops.

7 M&M Zucchini sticks

170 calories / 9 g fat / 380 mg sodium

Even though these are breaded and deep fried, they are much lower in fat, calories and sodium than the stuffed jalapenos.

Lunch. Beef-Mango Salad

1. Slice steaks crosswise against the grain into strips as thin as possible. Roughly chop the strips to create bite-size pieces.

2. In a large bowl, combine the steak, mango, cucumber, radishes and onion. Toss well.

3. In a medium bowl, whisk together the vinegar, garlic-chili paste and sesame oil. Drizzle the dressing over the salad, then toss well. Season with salt and pepper.

THE ASSOCIATED PRESS

Ingredients

- Two 6-oz bison or other steaks, cooked as desired and cooled
- 1 large mango, peeled, pitted and diced
- 1 medium cucumber, chopped
- 2 red or Easter egg radishes, finely minced
- 1/2 small red onion, finely minced

Dressing
- 1 tbsp rice vinegar
- 2 tsp garlic-chili paste
- 1 tsp toasted sesame oil
- Kosher salt and black pepper

Chickpeas and nectarines in an anything-but-boring salad

Having salad for dinner may sound boring, but it doesn't have to be. It's easy to toss together a delicious (and nutritious!) salad that goes way beyond the lettuce-tomato-cucumber routine that becomes all too tiresome all too quickly.

This recipe makes four entree-sized salads. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Two 15-oz can chickpeas, drained, rinsed and dried with paper towels
- 5 tbsp olive oil, divided
- 1 tsp curry powder
- Salt and ground black pepper
- 4 tbsp rice vinegar
- 4 tsp brown sugar
- 2 tsp Dijon mustard
- 1 bunch Swiss chard, chopped
- 5-oz package baby arugula
- 1 seedless cucumber, sliced
- 4 stalks celery, thinly sliced
- 3 nectarines, pitted and thinly sliced

Protein suggestions
- Soft-boiled or poached eggs
- Sliced cooked chicken breast
- Cooked shrimp
- Lightly seared and thinly sliced steak
- Marinated tofu or seitan
- Feta or halloumi (Greek grilling) cheese

1. Heat the oven to 400 F.

2. In a medium bowl, toss the chickpeas with 1 tablespoon of the olive oil. Add the curry, then a little bit of salt and ground black pepper, as needed. Toss well to coat evenly, then spread the chickpeas in a single layer on a rimmed baking sheet. Roast for 30 minutes, then set aside to cool.

3. Meanwhile, in a small bowl, whisk together the remaining 4 tablespoons olive oil, the rice vinegar, brown sugar and Dijon mustard. Season with salt and black pepper. Set aside.

4. In a large bowl, mix together the Swiss chard, arugula, cucumber, celery and nectarines. Drizzle the dressing over the salad, then toss gently to coat. Divide between 4 serving plates. Top with the roasted chickpeas and your choice of protein.

THE ASSOCIATED PRESS

How to make that major decision

Specialize this. A fresh crop of high school grads are gearing up for campus life — but how do you know what to study?

JULIE KAYZERMAN
Metro World News in New York

Take a deep breath and investigate your options at school — don't pick your major at the door. ISTOCK

For graduating seniors in high school, the excitement of completing the university or college application process and heading off to school just can't be matched. But often, the excitement ends where the anxiety about choosing a major — and the big life questions that come with it — begins. In their new book, The Secrets of College Success, professors Jeremy S. Hyman and Lynn F. Jacobs share their tips for students looking for the right major.

Take a minute

Upon entering university, many students are encouraged to declare a major right away, but according to Hyman, that isn't necessary. "We recommend the following: don't major at the door!" she says. "I don't think picking a major is all that important and I think when possible, it's good to delay."

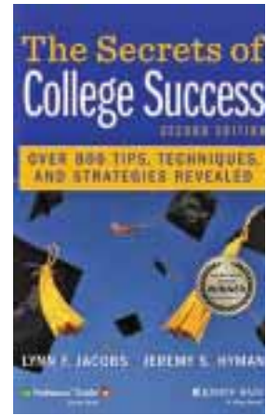
Take advanced courses

Many schools offer introductory courses that are watered-down introductions to subjects as a whole. Therefore students don't really get a sense of what the major is like until they take advanced courses, according to Hyman.

"When possible we think it's best to test the waters," she says, "especially if you can take one or two upper division courses before putting down your quarter."

Go with what you love

It's important to pick something you're interested in, but many students have varied interests and have trouble when focusing on just one course of study. "A lot of students like to double and even triple major and sometimes add a minor or two as well," says Hyman. "This can be a good idea if the majors have some relation to each other, but we think a far better idea is that you have a primary interest." According to Hyman, when picking a major, you are committing yourself to 10 or 12 required courses, so picking two majors — especially ones that don't relate to each other — can be a tough venture.



Don't focus too much on the money

"When you major in something, especially (when it is an) undergraduate major that is followed by graduate school," says Hyman, "you're having to pick a career 10 years ahead of yourself and what you think will be good 10 years from now."

Hyman urges students to use caution when thinking so far ahead, because high-paying career choices can change, and so can the interests of the student. "When picking the major, the student should be an educated consumer and (should) use the sources available rather than just lunging at something because they've done it before."

Your major and your career don't always have to be the same thing

Of course there are fields such as health care and information technology that require specific training and Hyman says it makes sense to match your major to a career. However, she says that picking a major is not the end-all, be-all decision. "What businesses complain about most when they hire people is not that they have the wrong major," Hyman says, "but that they have bad writing, analytical or interpersonal skills." Furthermore, Hyman says that there is no real rush. "Students think when they pick a major they're locked in for life to that major and that career. Beginning students should realize that at many colleges it's extremely easy to change a major."

No clue what to do?

Don't panic. According to Hyman, it is best to ask other people what they're doing and how they like it. "Take more courses, talk to more people, don't panic."

Brian Best, left, and his father David have turned to crowdfunding to save their family farm. THE CANADIAN PRESS

Crowdfunding only limited by imagination

Show me the money. More businesses turn to the public for help

Crippled by mounting financial debt, father and son duo David and Brian Best had few options left to save the potato farm their family has operated in Tryon, P.E.I., since the early 1930s.

It was a customer who dropped in to Best Acre Farms to buy seed potatoes that sparked the family's current bid to save their livelihood — crowdfunding.

"I told him I was pulling strings to find out how I can source money, and he said, 'Well, you might try crowdfunding,'" said Brian Best.

Best did just that, and without a crop in the ground, he has dedicated much of his time to the online campaign, which aims to raise $200,000 by Aug. 1.

As of Thursday, the campaign on Indiegogo.com has generated around $8,000.

Websites like Indiegogo.com are drawing people from across Canada to crowdfunding, and the types of campaigns they fund vary widely. Whether it's building a school in Africa or trying to secure the release of an alleged video that appears to show Toronto's mayor smoking crack cocaine, the possibilities are endless.

Regardless of the cause, the components of a successful crowdfunder often remain the same, said Sandeep Pillai, a graduate student at the University of Toronto's Rotman School of Management who has studied crowdfunding.

"That ability to engage people ... is very critical in a crowdfunding campaign. Let it be a potato farm, let it be a solar watch, let it be a coffee down the street, whatever it is," said Pillai. "When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd."

Pillai said the idea of crowdfunding isn't new, but its accessibility is.

"It's a sign of the times," said Pillai. "There's a venue to do it; before there was not."

THE CANADIAN PRESS

Quoted

"When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd"

Sandeep Pillai, crowdfunding expert

Steady Snedeker masters Glen Abbey

Golf. Nashville native gets big break along the way to win his first Canadian Open

American Brandt Snedeker hugs his Canadian caddie Scott Vail after winning the Canadian Open on Sunday evening in Oakville, Ont. NATHAN DENETTE/THE CANADIAN PRESS

Brandt Snedeker shot a 2-under par 70 on Sunday to win the RBC Canadian Open by three strokes.

The 32-year-old, who took the lead on Saturday when second-round leader Hunter Mahan withdrew after his wife unexpectedly went into labour, finished at 16 under for the tournament at Glen Abbey Golf Club for his second victory of the season and the sixth of his career.

"This is a tournament I said early on in my career I wanted to win just because my caddie is actually from Canada and it's his national open. It meant a lot to him, meant a lot to me," Snedeker said. "Third oldest tournament on Tour and it's got some great history to it, and now to put my name on that trophy, it means a lot."

Dustin Johnson (70), Matt Kuchar (71), William McGrit (68) and Jason Bohn (71) tied for second at 13 under.

Mahan was seemingly at the top of his game and had a two-stroke lead at 13 under after Thursday's 67 and Friday's 64 before rushing home to be with his wife, Kandi, who gave birth to daughter Zoe Olivia Mahan early Sunday in Texas.

"Zoe will be getting a very nice baby gift from me. I can't thank Kandi enough for going into labour early. I don't know if I'd be sitting here if she hadn't," Snedeker said with a laugh.

Snedeker was 1 under on the day after the front nine and birdied No. 10 to move to 16 under overall. He gave that shot back on No. 12, but birdied No. 16 and parred No. 17 and No. 18 to secure $1,008,000 of the $5.6-million purse.

Kuchar said the breezy conditions made for a tough final round.

"Today was by far the hardest day. The wind was strong and coming from a different direction," he said. "Snedeker played some great golf. I played with him Thursday and Friday. He was just so steady and played good for four days."

THE CANADIAN PRESS

Northern slump

David Hearn of Brantford, Ont., was the top Canadian with a final-round 73 to finish at 4 under.

- Mike Weir of Brights Grove, Ont., shot an even-par 72 to finish at 3 under.
- A cut line of 1-under par eliminated several Canadians on Friday, including Graham Delaet (73) of Weyburn.
- The last Canadian to win the national open was English-born Pat Fletcher in 1954. The only Canadian-born golfer to win the tournament was Karl Keffer (1909, 1914).

MLB

Pujols' year on the line with foot injury

Los Angeles Angels slugger Albert Pujols was put on the disabled list Sunday with a tear in his left foot that could end his season.

Manager Mike Scioscia said the star, who has a partially torn plantar fascia, will be sidelined for "a significant amount of time."

THE ASSOCIATED PRESS

NASCAR

Newman grabs home-state win

Ryan Newman fulfilled the childhood dream of so many who grew up in Indiana — winning at storied Indianapolis Motor Speedway.

Newman, from South Bend, ended a 49-race losing streak with Sunday's victory at the Brickyard, and he did it by beating Jimmie Johnson.

Again.

Newman set a NASCAR track record in knocking Johnson off the pole in qualifying, then used a fast final pit stop Sunday to snatch the win from the four-time Indianapolis winner. THE ASSOCIATED PRESS

Ryan Newman celebrates Sunday's win in Indianapolis. GETTY IMAGES

Willy wins Riders' confidence in spot start

Drew Willy got the win on Saturday in his second-career CFL start. THE CANADIAN PRESS

Corey Chamblin enters the bye week with peace of mind concerning his backup quarterback.

With Darian Durant ailing, backup Drew Willy threw three first-half touchdown passes as the Roughriders beat the Hamilton Tiger-Cats 32-20 on Saturday night to remain the CFL's only unbeaten team.

With Durant (foot) on the sidelines, Willy went 14-of-25 passing for 269 yards in Guelph, Ont.

"Darian felt like he could go and possibly do some things but not all the things," Chamblin said. "I said, 'If you don't think you're 100 per cent then you won't play 100 per cent.'

"But it was one of those things where I was excited to see what Drew Willy had and we found out we do have a good backup quarterback."

Saskatchewan (5-0) is off until Aug. 9 when it visits Calgary.

Willy, 26, said he didn't know he was starting until just before opening kickoff and admitted to butterflies early on.

"I guess you're going to get them but once you get the first throw or that first hit you get through that and just keep playing," he said. "You prepare all week for it but once you're told a switch goes off and you know you're going to be the guy.

"I knew once I got the nod I had to be ready to go out there and perform at a high level. The guys around me did a great job, the defence did a great job. It was definitely an enjoyable experience."

THE CANADIAN PRESS

Drew comes through

"The big thing was he managed the game. There were some mistakes there but he made less mistakes this year than he did last year and I see the growth process."

Riders coach Corey Chamblin on quarterback Drew Willy

Horoscopes

♈ Aries
March 21 - April 20
Don't start the week in a negative frame of mind. Everything will be resolved to your complete satisfaction over the next seven days – as the Sun in your fellow Fire sign of Leo suggests.

♉ Taurus
April 21 - May 21
Recent setbacks may have been disappointing but you will begin to see them in a more positive light over the next few days.

♊ Gemini
May 22 - June 21
Beneath that cool exterior you are worrying about all sorts of weird and wonderful things. Why? It's really all good.

♋ Cancer
June 22 - July 23
Life has taken a more serious turn in recent days and you will certainly have to take a more responsible approach to matters related to your finances this coming week. Do whatever it takes to make ends meet.

♌ Leo
July 24 - Aug. 23
Something you hear today will no doubt worry you a bit but if you make an effort to read between the lines you may discover that the "facts" are not quite what they seem.

♍ Virgo
Aug. 24 - Sept. 23
An interesting offer will come your way today but you are more than a little suspicious about it. Why would someone you hardly know want to help you? Whatever the reason it's a genuine offer, so say "Yes".

♎ Libra
Sept. 24 - Oct. 23
You don't need an excuse to have a good time so don't bother looking for one. The Sun in Leo demands that you spend as much time as you can with your real friends – they're the ones who make you laugh.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens keep your wits about you and keep your eyes and ears open for opportunities you can exploit.

♐ Sagittarius
Nov. 23 - Dec. 21
If something is bothering you – and it is – then you must pluck up the courage to ask for advice, even though you hate to reveal you are not in control.

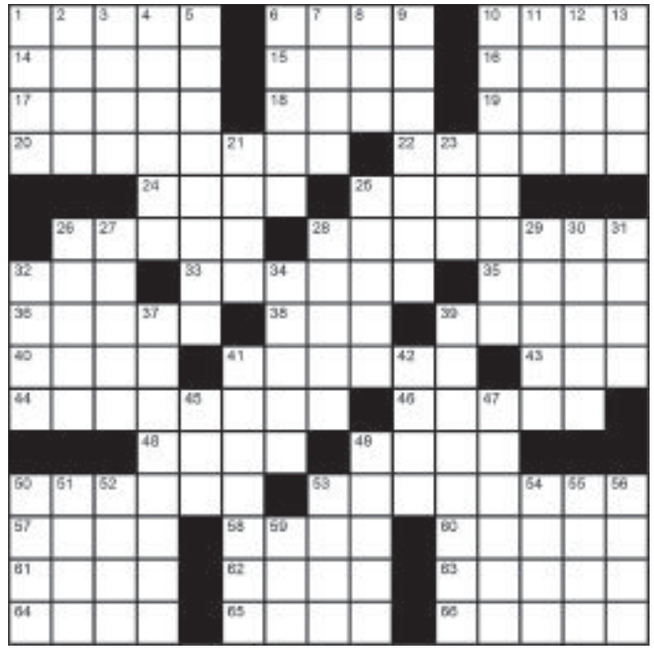
♑ Capricorn
Dec. 22 - Jan. 20
From the look of your solar chart it seems you are in possession of inside information that can be used to further your ambitions. Is it immoral to do so? Of course not.

♒ Aquarius
Jan. 21 - Feb. 19
Someone is trying to grab your attention and sooner or later you are going to have to see what they want. Make it sooner if you can because if you are obliged to do them a favor

♓ Pisces
Feb. 20 - March 20
You seem to have overdone it a bit over the past week or so and now you must rest and recuperate. Even if you still seem strong physically your mind is certainly feeling the strain. SALLY BROMPTON

Crossword: Canada Across and Down

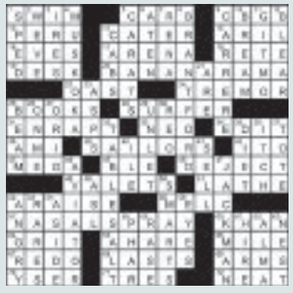
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Beyonce's alter-ego, __ Fierce
6. Guns the engine
10. Succeed antonym
14. Mil. rank, __. __.
15. Fail to mention
16. Gloriole
17. __ __ pursuit, as police-to-a-criminal
18. Knocked noggin result
19. Thingy
20. Tortilla chips brand
22. This clue's direction
24. "Let's leave __ __ that then."
25. Island of the Marianas
26. Vancouver-born actress, Kristin __
28. Where Queen Elizabeth summers in Scotland, __ Castle
32. Observe
33. Singer Mr. Rucker
35. Three x Three's answer
36. Dumbstruck: 2 wds.
38. Finish
39. __ Temple Pilots
40. Constellation for the star Vega
41. Chuck's bride on July 29th, 1981: 2 wds.
43. __ du jour = Juice of the day
44. British Columbia city
46. Killer whales
48. Ad-__ (Improvises)
49. Toronto attraction, Casa __
50. Sir Mackenzie __ (Prime Minister, from 1894 to 1896)
53. 'D' of TD Bank
57. Oomph
58. Sigher's word
60. Hamilton street; or, "Lost" character
61. Sell
62. "The Good __" on CBS
63. "_ __ the news today, oh boy..." - The Beatles
64. Lotus position-doing class
65. Hardens
66. Ms. Perry's of music

Down
1. Skirt feature
2. __ time (Never): 2 wds.
3. Learning insts.
4. Band #33-Across fronted, __ & The Blowfish
5. Elevation
6. Sci-Fi flick 'creature'
7. Aussie birds
8. Bathroom cleansing brand
9. As per #41-Across, where the royal nuptials took place: __. __ Cathedral
10. The __ Banff Springs Hotel
11. Driveway sight
12. Burns up
13. Getaways
21. "...we'll __ _ cup o' kindness yet..." - Robert Burns
23. Ms. Diaz, to pals
25. Tacky
26. Country in Africa
27. Weaponize again
28. Adheres
29. Spanish wine region
30. __ horribilis, 1992 for The Queen
31. Spike and Bruce
32. Fancy fabric
34. Brings in
37. Niagara Falls-crossing daredevil Nik
39. Nunavut's __ National Park
41. Canadian grocery store chain
42. Ruination
45. Salad dressing ingredient
47. Saskatchewan town
49. Misplaces
50. Bunch
51. Spread-for-bread
52. Wedding dress designer Vera
53. Wacky
54. Actor/rapper, __-_
55. "That's fine."
56. Mr. Beatty's
59. Fib

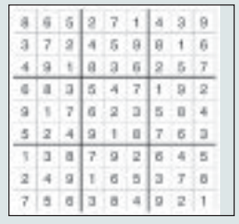
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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